### **Tier 1 Dementia Awareness Training Unit 6 Worksheet**

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### Unit 6: Supporting people to stay well

Unit 5 discussed the importance of using effective communication skills when talking & listening to people with dementia & their carers.

Unit 6 will build on what you learned in Unit 5 by raising your awareness about how you can help people with dementia & their carers to stay well.

#### Objectives of the unit:

By the end of this unit you will be able to:

- ✓ Explain what it means to stay well whilst experiencing dementia
- ✓ Describe how dementia friendly environments can support people to stay well
- ✓ Discuss some examples of best practice
- ✓ Explore ways that you can improve your own practice

Video presentation: Carer's perspective of living well with dementia. What do you think?

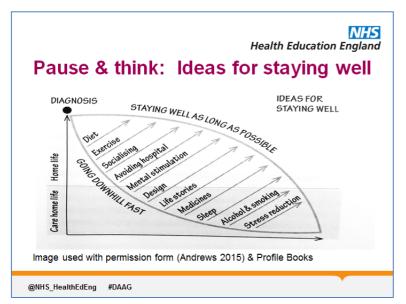


Write your thoughts here:



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Pause & think: Ideas for staying well. What do you think about some of the ideas being presented here?



Write your thoughts here:

Pause & think: What do you think about some of the suggestions?



Write your thoughts here:

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# Pause & think: What do you think about some of the dementia friendly hospital suggestions?



Write your thoughts here:

# Pause & think: What do you think about some of the dementia friendly care home suggestions?



Write your thoughts here: